



Old Fashioned



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



188 kcal

BEVERAGE

DRINK

Ingredients

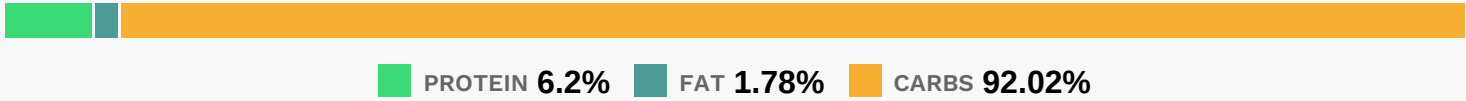
- ☐ 2 drops angostura bitters
- ☐ 3 tablespoons bourbon (+ 3 drops)
- ☐ 1 cube brown sugar
- ☐ 1 serving ice cubes
- ☐ 1 cranberry-orange relish
- ☐ 2 drops orange bitters

Equipment

Directions

- ☐ Place 1 brown sugar cube on a cocktail napkin.
- ☐ Sprinkle 2 to 3 drops orange bitters and 2 to 3 drops Angostura bitters over sugar cube. (Napkin will soak up excess bitters.)
- ☐ Transfer cube to a 10-ounce old-fashioned glass.
- ☐ Add 1 orange slice and a few drops bourbon to glass. Mash sugar cube and orange slice, using a muddler, until sugar is almost dissolved. (Avoid mashing the rind; doing so will release a bitter flavor.)
- ☐ Add 3 tablespoons bourbon, and fill glass with ice cubes. Stir until well chilled.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:5.23, Inflammation Score:-6, Nutrition Score:6.9913044934687%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 188.36kcal (9.42%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 15.14g (5.5%), Sugar: 13.74g (15.27%), Cholesterol: 0mg (0%), Sodium: 3.53mg (0.15%), Alcohol: 16.83g (100%), Alcohol %: 9% (100%), Protein: 1.23g (2.47%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 39.31µg (9.83%), Vitamin B1: 0.12mg (7.78%), Potassium: 239.34mg (6.84%), Vitamin A: 294.75IU (5.89%), Calcium: 54.91mg (5.49%), Vitamin B6: 0.08mg (3.97%), Copper: 0.08mg (3.89%), Magnesium: 13.75mg (3.44%), Vitamin B5: 0.33mg (3.29%), Vitamin B2: 0.05mg (3.19%), Manganese: 0.04mg (2.07%), Phosphorus: 20.18mg (2.02%), Vitamin B3: 0.38mg (1.88%), Vitamin E: 0.24mg (1.57%)